



# EMOTIONAL SOBRIETY: AWARENESS TOOL

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## Awareness Statements: Directions

1. Create a statement by filling in one of the blanks below (or creating one).
2. As quickly as you can, write 5-10 responses to the statement you create. Do not worry if your answers make sense, if they are true, or not true, or if they sound crazy. Write down anything and everything that comes to mind. So long as you answer you did it right.

## Examples of Awareness Statements:

- If I bring 5% more awareness to my \_\_\_\_\_. (*Insert any feeling anger, concern, depression, embarrassment, fears, hope, happiness, joy, sadness, shames, etc.*)
- If I bring 5% more awareness to \_\_\_\_\_. (*Insert any happening: argument, event, person, place, problem, situation, etc.*)
- If I bring 5% more awareness to my \_\_\_\_\_ (*Insert feeling*), about \_\_\_\_\_ (*Insert happening*).
- When I should on myself, I tell myself I should \_\_\_\_\_.
- When I really take care of myself, I \_\_\_\_\_.
- If I bring 5% more awareness to the message, I am getting from my HP about \_\_\_\_\_.
- If I bring 5% more awareness to my relationship with \_\_\_\_\_ (*Can be an action (weighing myself), belief, body, body-part, idea, person, place, thought, substance (food), etc.*)
- If I bring 5% more awareness to my recovery \_\_\_\_\_. (*You can get more specific: a certain program tool, say morning or night-time routine, working a specific step, etc.*)
- Some ways I can connect more with \_\_\_\_\_.
- I get in the way of my own recovery when I \_\_\_\_\_.
- Some things that would strengthen my recovery right now are \_\_\_\_\_.
- If I bring 5% more awareness to my \_\_\_\_\_ (*insert anything at all: health, hopes and dreams, ideas about..., positive/negative qualities, procrastination, self-care, thoughts, wants and needs*).

## Awareness Statements: Suggestions:

Some people prefer to substitute “more awareness” for “5% more awareness.”

For deeper insight, answer each stem Monday-Friday, and on the weekend – answer this stem: If any of what I wrote is true, it may be helpful if I....

Awareness statements bring deep insights about ourselves and our relationships with self, others, and our HP.

- Focus on 3-4 statements a week.
- Share them with a sponsor or friend.
- Use them for a night-time review.